

# The Avalon Gazette - July 2021



## From Avalon Management:

As we start to get back to our regular activities, just a reminder that if anyone is interested, the pool table in the pub is available for use. We only ask that you let the office know ahead of time if you're going to use it.

Both the Men's Breakfast and Ladies' Lunch were held inside the Manor House in June. Both worked out well. We hope to see more of you in attendance in the future!

## LOOKING AHEAD:

Beginning August 6<sup>th</sup>, First Friday Wine & Cheese will start back up. Stay tuned for the dinner menu for that evening!

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## Reminders:

- 🌸 The Avalon office will be closed on Monday, July 5<sup>th</sup> in observance of Independence Day.
- 🌸 The 16<sup>th</sup> Annual Memorial Day Wintergreen Court Gathering, which was postponed due to rain, will now be held on Labor Day weekend this year. More details to follow.

## *July Recreation Activities*

- 🌀 **Yoga** – Every **Thursday** at **10am**. Julie Milan will teach this class in the Manor House upper living room, while maintaining social distancing. **Masks are no longer required if vaccinated. Space is limited to 10 participants.**
- 🌀 **Tai Chi** – Every **Thursday** at **11am**. Andy Stewart will teach this class outside in front of the Manor House, while maintaining social distancing.
- 🌀 **Bocce** – Every **Friday** at **3pm**. (Weather permitting.) Located near the Avalon garden. Refreshments will be provided and no sign-up is necessary.

## *July Dining Activities*

**Men's Breakfast** – **Wednesday, July 14<sup>th</sup>** at **9:00am**.

(RSVP by Monday, 7/12)

**Sign-up is required – Please contact the Avalon office.**

**Menu:**

*Frittata*

*Bacon & Sausage*

*Muffin*

*Fruit Cup*

**Ladies' Lunch** – **Wednesday, July 21<sup>st</sup>** at **12:00pm**.

(RSVP by Monday, 7/19)

**Sign-up is required – Please contact the Avalon office.**

**Menu: Appetizer** – *Bacon wrapped scallops*

*Caesar salad – (Vegetarian option)*

**Main Course** – *Chicken broccoli braid*

*Veggie braid – (Vegetarian option)*

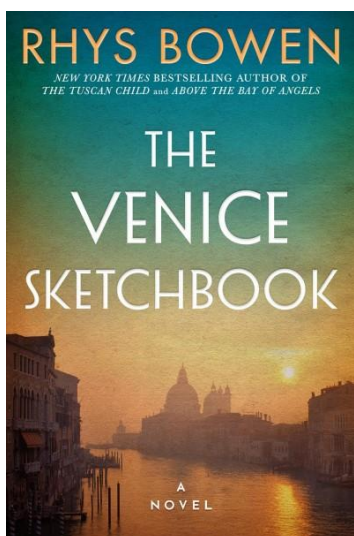
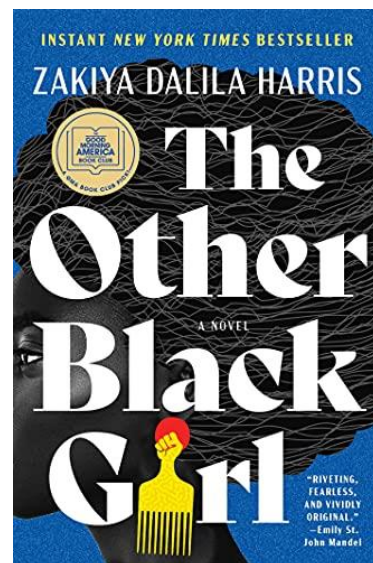
*with Cranberry Sauce*

**Dessert** – *Fruit pizza*

# The Book Corner

If you liked *The Devil Wears Prada...*  
You might enjoy *The Other Black Girl* by Zakiya Dalila Harris

Tired of being the only black employee at Wagner Books, 26-year-old editorial assistant Nella Rogers is thrilled when Harlem-born and bred Hazel is hired until she, after a string uncomfortable events, is elevated to office darling, leaving Nella in the dust.



If you like books by Kristin Hannah, but with a historical twist...  
You might enjoy *The Venice Sketchbook* by Rhys Bowen

Inheriting her beloved great-aunt's sketchbook, a recently divorced woman uncovers mysteries about her great-aunt's star-crossed romance with a nobleman in World War II Venice.

## Coming soon!

Contact the Edythe Dyer Library to get on hold for these popular titles:

Out at the end of June: *Dead by Dawn* - #12 in Paul Doiron's Mike Bowditch series

Due out in August: *Billy Summers* by Stephen King

*The Madness of Crowds* - #17 in Louise Penny's Chief Inspector Gamache series

Due out in October: *The Judge's List* by John Grisham

Due out in November: *Go Tell the Bees That I Am Gone* - #9 in Diana Gabaldon's Outlander series

## Book Discussion Group

Do you enjoy discussing books in a cozy environment with other book lovers?  
Join the library book discussion group on the first Wednesday of each month at 6:30.

For July, they will read and discuss *The Round House* by Louise Erdrich.  
If you are interested in attending this or future meetings, call the library and they'll request a book for you! 207-862-3550

# A Brief History of Hampden

*This excerpt is from A History and Description of New England, General and Local: Vol. 1 by A.J. Coolidge and J.B. Mansfield, 1859.*

“Hampden is the southeastern frontier town of Penobscot county, situated on the west side of Penobscot river, between Frankfort and Bangor, and contains an area of 23,040 acres. Benjamin Wheeler, the first settler, came from Durham, New Hampshire, about the year 1767, and “pitched his tent” at what was known as the “Basin,” at the mouth of the Soadabscook Stream. Wheeler, being a carpenter by trade, soon erected mills, and from him the place took the name of Wheelersborough.

For the first ten or fifteen years after the arrival of Wheeler, the progress of the settlement was very slow; and, being disturbed by the English after their occupation of Bigaduce (now Castine) in 1779, the settlers retired through the woods to Kennebec, and from thence to Woolwich and Falmouth (now Portland). Returning in 1783, they resumed the settlement, and, in 1796, the township was surveyed and lotted by Ephraim Ballard, every inhabitant receiving a lot of one hundred acres. If he were a settler before January, 1784, he paid six dollars; but if afterwards, and before January 1794, he paid fifty dollars. The residue of the town was assigned by the government to General Knox, to make up for a deficiency in the Waldo Patent. After the conclusion of peace, large accessions arrived from Cape Cod, and the town was incorporated January 1794, though it appears from the records that it acted in a municipal capacity as early as 1781.”

*“The area officially became Hampden on February 24, 1794, in honor of John Hampden (1594-1643). John Hampden was a distinguished member of the British Parliament who was said to have the most distinctive last name in any county in England. According to a biography of Hampden, he was reviled as a traitor or saluted as a patriot and hero according to personal prejudice, and even today, more than three centuries after his death from wounds received at the battle of Chalgrove, opinion is hotly divided as to his merit. Perhaps the fact that he refused to pay what he considered an illegal tax imposed by King Charles I appealed to those early residents of the town, who during the American Revolution stood against the English king, George III.”*

*--Highlight Historical Hampden  
hampden.mainmemory.net/*



“General John Crosby was one of the early settlers. He came from Woolwich about 1775, and commenced as a farmer. He afterwards entered largely into commercial business, and carried on an extensive trade both with Europe and the East Indies. He died May 25, 1843 at the age of eighty-six.

Another prominent man among the early settlers was General Gabriel Johonot, a Frenchman by birth, a brave and distinguished officer in the American army during the Revolution. He was a friend and correspondent of General Washington, and, during a long and active life, exerted a great influence in the affairs of the town.

Hon. Martin Kinsley, General Jedediah Herrick, Enoch Brown, and John Godfrey were early and prominent citizens of the town. Hon. Hannibal Hamlin, now a senator in congress from this state, settled here as a lawyer about 1832.”

## The Battle of Hampden

“During the last war with England, Hampden suffered probably the most of any town in the state. The United States corvette, the Adams, of twenty-four guns, Captain Charles Morris, homeward bound from a cruise, arrived off Penobscot bay in the latter part of August 1814, at which time there was a large British fleet in the vicinity under command of Rear Admiral Griffith.

On entering the bay, the Adams struck a sunken rock, causing her to leak badly. Captain Morris proceeded up the river to repair, and arrived at Hampden during the last week of the month, and commenced dismantling his ship. The British admiral, learning the situation of the Adams, determined to take her; and immediately dispatched two sloops of war, one brig, and several transports, with seven hundred regulars. Captain Morris made every preparation for defending his ship; landed her guns, and erected two batteries, one on the wharf, and another on a hill two hundred yards below the wharf. The militia had collected to the number of six hundred, under command of General Blake of Brewer, who took up a position on the ridge for the purpose of opposing the advance of the enemy on the main road.

General Blake had taken no precaution to have breastworks thrown up for the protection of his troops, and had failed to make any arrangements by which a successful resistance might have been made; nor did he even do so much as post sergeants in the rear of his line to prevent the troops from retreating.

At daylight, on the morning of September 3, the British forces were in motion on the road from Frankfort; and when within three-hundred yards of General Blake's position, opened their fire and advanced with fixed bayonets in “double quick time.” His force, being outflanked, immediately gave way, and made a precipitate retreat. The British troops pressed on to Captain Morris's batteries; and as the men had no protection in the rear, they were driven from their guns at the point of the bayonet. Captain Morris blew up his own ship, and, with his men, retreated to Bangor, thence to Portland.

The English commander was greatly provoked at losing his prize, and, for three days, he permitted the sailors, marines, and land-force full liberty on shore. They committed the most wanton excesses in the plunder of the citizens and the destruction of property. The furniture in nearly all of the houses in the village was entirely destroyed, and the cattle and hogs belonging to the farmers were killed. Even the sanctuary of the Most High did not escape their sacrilegious hands. They entered the meeting-house, tore the Bible and psalm-book in pieces, and cut down the altar and pews with their cut lasses.

This proved a heavy blow to the inhabitants of Hampden. Many who had been independent were rendered almost destitute by this calamity. But this was not all. When the English force left, they took about eighty of the citizens to Castine as prisoners of war. They were released in a short time, on the promise of the selectmen of the town to pay one thousand dollars as a ransom. Peace being concluded soon after, the ransom was never paid.

The inhabitants, by their industrious habits, in a few years recovered from the losses they thus sustained, and have since continued prosperous and thriving. The surface of the town is somewhat rolling but well-adapted for agricultural purposes. The principal stream, and the only one of any note, is the Soadabscook, running through the town from west to east, and affording water-power for fifteen saw -mills, three paper-mills, and two grist-mills. Hampden has one cloth-dressing mill, three shingle mills, two ship-builders, three brickmakers, and two carriage builders.

There are three natural ponds, situated in the northwest part of the town, named Great, Little, and George; two villages, both situated on the river road, about one mile apart, known as the Upper and Lower Corners; four post-offices, one of which is at Hampden, one at Hampden Corner, one at West Hampden, and one at East Hampden. The first meeting-house was built by the town in 1796, and for thirty years was the only place of worship. It is now standing and in good repair, and for the last twenty years has been used as a town-house. There are now six church organizations and six church edifices, namely, two Methodist, two Baptist, one Congregational, and one Universalist; also, fifteen stores, eighteen school districts, with twenty schools and an academy, which was incorporated in 1803, and has ever since been in successful operation.”

# Summer Gazpacho – Four Ways

*Don't ignore soup just because it's hot outside—transform it into delicious and refreshing gazpacho instead.*



## Zucchini Gazpacho

### INGREDIENTS

- 2 pounds zucchini, chopped
- 1 tablespoon olive oil, plus more for garnish
- 1/4 cup scallions, roughly chopped
- 1/4 cup mint leaves, plus more for garnish
- 2 cloves garlic
- 1/2 cup garbanzo beans, rinsed and drained
- 1/2 yellow bell pepper, roughly chopped
- 3/4 cup vegetable stock
- 3 tablespoons olive oil
- 1 teaspoon kosher salt
- 1/2 teaspoon pepper
- Sour cream, for garnish

### INSTRUCTIONS

1. In a pan over medium heat, sauté zucchini in olive oil until slightly tender.
2. Let cool slightly, then transfer to a blender. Add remaining ingredients except sour cream. Blend well, then refrigerate until chilled.
3. Garnish with mint, sour cream and olive oil.

## *Beet Gazpacho*

### INGREDIENTS

- 12 ounces roasted beets (about 4 medium or 6 small beets) chilled, plus more for garnish
- 1/2 small red onion, roughly chopped
- 1 large cucumber, roughly chopped, plus more for garnish
- 2 cloves garlic
- 1/4 cup fresh dill, plus more for garnish
- 1 1/2 cups vegetable stock
- 2 tablespoons sherry vinegar
- 1/4 cup olive oil

- 1 tablespoon lemon juice
- 1 teaspoon sea salt
- 1/2 teaspoon pepper
- Sour cream, for garnish

### INSTRUCTIONS

1. Add all ingredients to blender and blend well.
2. Refrigerate until chilled, then garnish with beets, cucumber and sour cream.

## *Corn Gazpacho*

### INGREDIENTS

- 2 teaspoons sea salt
- 2 pounds yellow tomatoes
- 4 ears fresh corn, plus more for garnish
- 1/2 small sweet onion, roughly chopped
- 1 can white beans, rinsed and drained
- 1/4 cup sherry vinegar
- 1/4 cup olive oil, plus more for garnish
- 1 tablespoon lemon juice
- 1 teaspoon pepper
- Sour cream, for garnish

### INSTRUCTIONS

1. In a large bowl, stir salt with tomatoes, corn and onion and leave to marinate for 20 minutes or so.
2. In a blender, blend all ingredients except for sour cream.
3. Chill soup and garnish with sour cream, olive oil and corn.

## *Peach Tomato Gazpacho*

### INGREDIENTS

- 6 ripe peaches
- 2 pounds tomatoes
- 3 tablespoons sherry vinegar
- 2 tablespoons lemon juice
- 1 shallot, halved
- 2 cloves garlic
- 2 tablespoons sour cream
- 1 tablespoon fresh basil, plus more for garnish
- 1 teaspoon salt
- 1 teaspoon pepper
- Goat cheese, for garnish

### INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. Halve the peaches and tomatoes and roast until tender, about 15 minutes. In a blender, combine all ingredients except for goat cheese and blend until smooth. Refrigerate until chilled, then top with goat cheese and basil.

# Fourth of July Fruit Cake

## INGREDIENTS

- 1/2 cup oil
- 1/4 cup sour cream
- 1 1/2 cups granulated sugar
- 3 eggs
- 2 teaspoons vanilla extract
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 2 1/2 cups all-purpose flour (fluffed and leveled)
- 19 oz can crushed pineapple with juice
- 12 oz cream cheese
- 1 1/2 cups marshmallow fluff



## INSTRUCTIONS

1. Preheat oven to 350 degrees and lightly grease a 9x13" baking dish.
2. In a large bowl, whisk together the oil, sour cream and sugar.
3. Add eggs and vanilla and whisk until smooth.
4. Whisk in baking powder, baking soda and salt until completely combined.
5. Whisk in flour until just incorporated. Slowly stir in pineapple with a spatula.
6. Pour batter into prepared pan and bake for 30-40 minutes, covering the cake with foil at 20-25 minutes if darkening quickly (once your cake is light golden brown, you want to cover it to prevent further browning).
7. Meanwhile, thoroughly mix cream cheese and marshmallow fluff together until smooth.
8. Let cake cool to room temperature before frosting with cream cheese/fluff mixture.
9. Decorate top of cake with blueberries and strawberries or raspberries in shape of flag.

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# Fourth of July Shortcake

## INGREDIENTS

- Shortcake or Angel Food cake
- Sliced strawberries
- Blueberries
- Cool whip or whipped cream

## INSTRUCTIONS

1. Cut your favorite shortcake or angel food cake into small cubes.
2. Alternate layers of cake, berries and cool whip (or whipped cream) in Mason jars.
3. Tie a decorative ribbon around the jar to complete the look.



## Did you Know: Interesting Facts About Independence Day

- Congress made Independence Day an official unpaid holiday for federal employees in 1870. In 1938, Congress changed Independence Day to a paid federal holiday.
- Only John Hancock actually signed the Declaration of Independence on July 4, 1776. All the others signed later.
- The average age of the Signers of the Declaration of Independence was 45. The youngest was Thomas Lynch, Jr (27) of South Carolina. The oldest delegate was Benjamin Franklin (70) of Pennsylvania. The lead author of The Declaration, Thomas Jefferson, was 33.
- The stars on the original American flag were in a circle so all the Colonies would appear equal.
- The first Independence Day celebration took place in Philadelphia on July 8, 1776. This was also the day that the Declaration of Independence was first read in public after people were summoned by the ringing of the Liberty Bell.
- The White House held its first 4th July party in 1801.
- President John Adams, Thomas Jefferson and James Monroe all died on the Fourth. Adams and Jefferson (both signed the Declaration) died on the same day within hours of each other in 1826.
- Benjamin Franklin proposed the turkey as the national bird but was overruled by John Adams and Thomas Jefferson, who recommended the bald eagle.
- In 1776, there were 2.5 million people living in the new nation. Today the population of the U.S.A. is 332.8 million.
- Fireworks are part of the tradition of celebrating this national holiday. The U.S. imported \$227.3 million worth of fireworks from China in 2012. U.S. exports of fireworks, by comparison, came to just \$11.7 million in 2012, with Israel purchasing more than any other country (\$2.5 million).
- Barbecue is also big on Independence Day. Approximately 150 million hot dogs and 700 million pounds of chicken are consumed on this day.
- Every 4th of July the Liberty Bell in Philadelphia is tapped (not actually rung) thirteen times in honor of the original thirteen colonies.

## Astrological Corner:



June 21<sup>st</sup> to July 22<sup>nd</sup>

Safety and comfort are likely to be your highest priorities this month. Sharing intimate feelings and being nourished by the loving parts of your family help you to affirm your sense of meaning and connection. Do what brings you comfort. Spend time at home, with friends, or at family reunions.



July 23<sup>rd</sup> to August 22<sup>nd</sup>

The emotional atmosphere around you is positively affected by the fiery heat of Leo mid-month. Let go of heavy and emotional issues of late. Focus on lightening your heart with play, fun and entertainment. Think of the blessings of the sun, not the shadows.

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## SUDOKU

Difficulty: Medium

							6	
		9		3	1		4	
			5		9	7	1	
	3	7			4			1
	5		3	8				6
	6					5		
	7					6	5	
				4		2		
	9							3

If you would like the answers to any of the puzzles, send an email to: [ariel@avalonvillage.com](mailto:ariel@avalonvillage.com)

# Crossword Puzzle

Difficulty: Easy

## LA Times

By Catherine Cetta / Ed. Rich Norris  
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### ACROSS

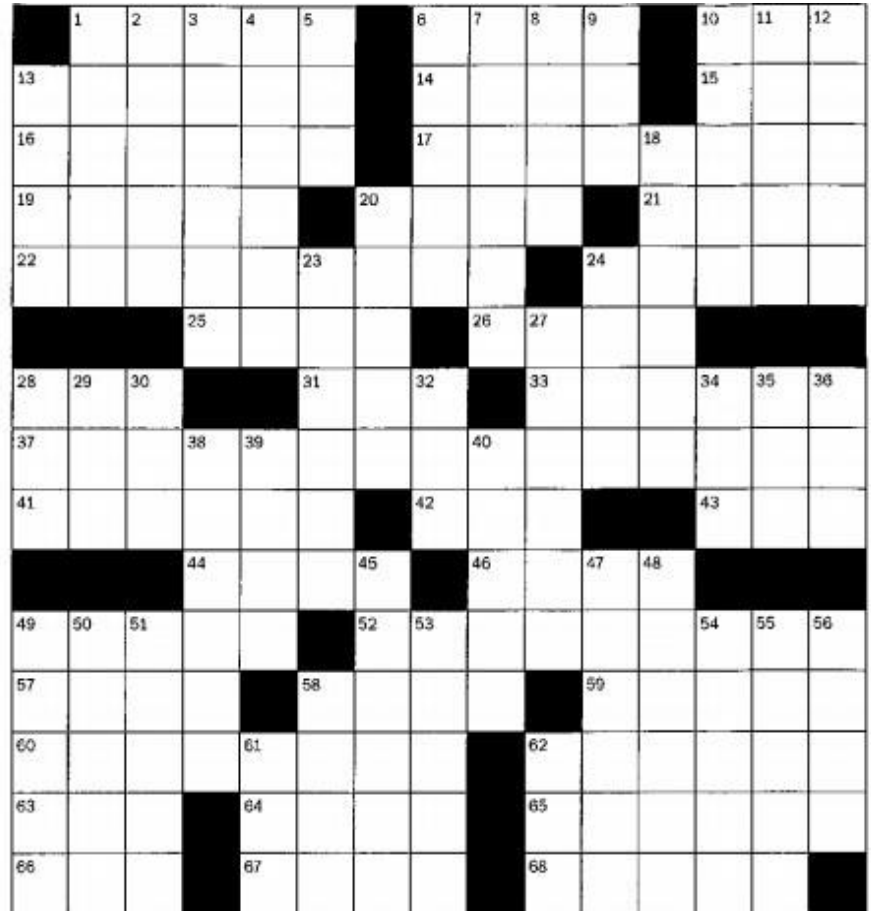
- 1 Rigatoni or ziti
- 6 Poker stake
- 10 Sandwich known by its initials
- 13 Odysseus' journey, for example
- 14 Sulk
- 15 "Now I \_\_\_ me down ..."
- 16 Least wild
- 17 \*Emulate Bonnie and Clyde
- 19 Birdbrains
- 20 Fab competitor
- 21 Fairy tale start
- 22 \*Highly aware and ready to act
- 24 Does some programming
- 25 Airline to Israel
- 26 Dutch cheese town
- 28 Before now
- 31 Poe's "Annabel \_\_\_"
- 33 Threat-ending words
- 37 \*Grasps an underlying meaning
- 41 Take for granted
- 42 Part of GPS: Abbr.
- 43 Carrot chomper's "What's up, \_\_\_?"

- 44 Rice-A-\_\_\_
- 46 Goes kaput, as an engine
- 49 University VIPs
- 52 \*Kellogg's cereal morsel
- 57 D.C. helper
- 58 Nevada gambling mecca
- 59 Senseless endeavor
- 60 Persuasive efforts using insincere flattery ... and a hint to the last words of the answers to starred clues

- 62 Hairpiece
- 63 Pre-1991 map letters
- 64 Slender woodwind
- 65 Prom corsage
- 66 Wide shoe sizes
- 67 "OMG" or "TTYL"
- 68 Hawke of "Boyhood"

### DOWN

- 1 Shrimp relative
- 2 Fess up
- 3 Simmer with anger
- 4 Fez feature
- 5 PC key used in combinations



- 6 Month that may start with a gag
- 7 Noggin
- 8 You\_\_\_: online video site
- 9 Zeta-theta link
- 10 Tasteless
- 11 Jousting weapon
- 12 Little ones
- 13 "The Simpsons" bus driver
- 18 Many a Gen Xer parent
- 20 Yarns
- 23 Whale's food-filtering system
- 24 Check the ID of
- 27 Wears out
- 28 Here, in Havana
- 29 Oxygen, e.g.
- 30 NFL tiebreakers
- 32 Mars residents, in sci-fi
- 34 It may be flipped
- 35 Bay Area hub inits.
- 36 And so on, briefly
- 38 Teen's witching hour
- 39 Med. care plans
- 40 Electric starter?
- 45 Fridge of yore
- 47 Serious attempt
- 48 Posture issue
- 49 So last year
- 50 Washer cycle
- 51 Air freshener targets
- 53 Initial stage
- 54 Top dog
- 55 Fashion's Anne or Calvin
- 56 Looked over
- 58 Spa cover-up
- 61 Write quickly
- 62 Digital water tester?

## **Stay Hydrated!**

By Sonja Parker, MSPT, LMT  
Designing Fitness Physical Therapy, LLC

Hello all! The heat and humidity we are experiencing already this summer have made me want to send out this article again this year as a good reminder that we all need to drink more fluids!!! So while you may remember this from last summer, I figured it is always good to remind people and reinforce the importance of this topic!

We have all heard that staying hydrated is important to our health. In fact, drinking plenty of fluids is one of the easiest things we can all do to improve and maintain our health. With the warmer weather most definitely upon us now, I thought it was a good time to write about just how important water is to our bodies, and what we can do to make sure we have enough of it!

Did you know that our amazing bodies are made up mostly of water? In fact, water makes up about 55% to 75% of our mass, on average (and depending on how well hydrated we are). That's about 10 to 12 gallons of water in our bodies! Our bodies have water in every single cell. It makes up about 83% of our blood, 73% of our muscles, 25% of our body fat, and 22% of our bones. In addition to being an integral part of our physical substance, water helps move nutrients, get rid of waste, keep our temperature at the right level, lubricate and cushion joints, keep our skin moisturized, and many other things.\* Have I convinced you yet of just how essential water is to our health?

Did you also know that you lose about 10 or more cups of water every day just living: breathing, sweating, urinating, etc?\*

This does not include how much more we lose when we are exercising, especially in extreme temperatures. Luckily, eating and drinking usually make up for the amount of water we lose every day.

The average person gets about 20% of their water for the day from food. An apple is 84% water. Bananas are 74% water. Broccoli is 91% water. Even foods that you might not think of as moist - a plain bagel (33% water), ground beef (56%), American cheese (39%) - help to resupply our bodies.\* The rest must come from fluids that we drink. But not all fluids are equally helpful at rehydrating our bodies. Drinks like coffee and tea are diuretics and can have a slight dehydrating effect. Alcohol is a stronger diuretic that can have a greater dehydrating effect.

Many people are mildly dehydrated and don't even know it. Dry mouth and increased thirst might be obvious signs, but as we age, we tend to lose our sense of thirst. Other signs of dehydration are darkened urine, fatigue, flushed skin, faster breathing and heart rate, headaches, dizziness, and even confusion or trouble concentrating. It doesn't take long to become dehydrated - only about 30 minutes in hot, humid weather.\*

If you think you are becoming dehydrated, you should move to a cool place and slowly rehydrate! Symptoms like confusion, headache, seizure, vomiting, difficulty breathing or fainting indicate an emergency, and 911 should be called in these situations.

If you are exercising outdoors in hot, humid conditions, you'll need to take more frequent, longer breaks, shorten your workout or intensity level, and dress appropriately. It is helpful to *pre-hydrate* by drinking two cups of water about two hours before exercising, and then to stop and drink more fluids (5-10oz) every 20 minutes or so. The exact amount depends on several factors, including how much you sweat, how hard you are breathing, and the intensity and duration of the exercise. If you are

exercising very hard, you may want to consider drinking a sports drink like Gatorade to replenish sodium lost from sweating.

Unfortunately, there is no “one-size-fits all” recommendation for how much water/fluid you should be drinking daily - it varies based on many factors, including your activity level, environmental temperature, your age, gender, and weight, as well as your health. It would be a good idea to ask your health care provider about the right amount of fluid you should be ingesting daily, especially if you have health conditions like diabetes, kidney disease or heart failure, which affect the amount of water you should be drinking every day. A solid recommendation is to understand and be on the lookout for the signs and symptoms of dehydration, especially in this beautiful, warm weather.

*I hope all of you will stay hydrated as you get outside, and enjoy every minute of this special gift we know as summer in Maine!*

As always, I welcome your questions, comments, and suggestions for future columns. I can be reached by telephone at 249-9410, or by email at [sonja@designingfitness.com](mailto:sonja@designingfitness.com).

My best to you,  
Sonja Parker, Physical Therapist  
Designing Fitness Physical Therapy

\*Information for this article was gathered from various online sources, including WebMD and the Mayo Clinic website.